



MIND OVER MATTERS

A four part series to equip our families, staff and community with the tools needed to reset and rebuild positive relationships

***All four sessions will be held at:
Pleasant Run Elementary Library
from 5:30pm-6:30pm
11780 Pippin Road, 45231**

**Event hosted by:
Tara Robinson,
Director of H.E.A.T.**

**Prizes will be awarded by
our sponsor at each
session**

Bring your entire family

**Free dinner and supervised
childcare will be provided
at each session**

Thursday, April 20th, 2023

1

Building Strong Relationships:

Learn how to speak your child's unique language;
Different ways of being smart
The five love languages

Thursday, April 27th, 2023

2

**Connection Through Healthy
Communication:**

Learn the simple process of Non-Violent
Communication

Thursday, May 4th, 2023

3

Conflict Resolution:

Learn how to make positive connections after
conflict with restorative practices

Thursday, May 11th, 2023

4

Maintaining Peace:

Learn tools to keep presence and peace
through mindfulness practices

